

ABSTRACT OF THE DISCLOSURE

A sole for a sports boot, such as for cross-country skiing, and, more particularly, a sole for a sports boot which makes it possible to improve the torsional stiffness, flexional flexibility, efficiency of the boot, durability, lesser weight, protection of the foot, cost savings, industrial workability. To this end, the sole has a front portion, a rear portion more rigid in longitudinal bending than the front portion, and a reinforcement. The front portion has a front half-sole affixed to the reinforcement, the rear portion has a rear half-sole affixed to the reinforcement, and the front and rear half-soles are assembled to one another in a junction zone, preferably by cementing and/or riveting and/or welding. In practice, the reinforcement is made of a composite material. The front half-sole is first fixed on the front portion of the reinforcement. The rear half-sole is then fixed by cementing on the rear portion of the reinforcement, such that its front portion overlaps the rear of the front half-sole. The invention also relates to methods of manufacturing the sole and the boot having such a sole. The boot itself is also covered by the invention.